Potential Hazards and Possible Solutions

Standup Fork Lifts

Employees driving standup fork lifts are required to remain in static standing postures for long periods of time. Assuming and maintaining these postures can stretch, irritate, and create a contact trauma to the musculoskeletal entities in the bottom of the foot and can reduce the flow of blood through the legs causing muscle fatigue and increasing the venous pressure in the legs. Additionally, it can reduce nutrient flow to the musculoskeletal entities in low back and over stress specific groups of muscles used to maintain the torso in an erect posture. Continued work with these postures and within the observed time frames increases the risk of development of lower extremity injuries such as muscle and tendon fatigue, varicose veins, plantar fasciitis, and heel spurs as well as low back disorders.

- Provide a protuberance which extends out away from the smooth wall of the cab such that employees can lean against this device and have some of their body weight supported by the device. This protuberance could be as simple as a padded piece of two by four secured to the side of the cab.
- Provide a small foot rest on the side of the cab wall such that one foot at a time could be elevated thus shifting the position of the leg allowing a greater range of movement and intervals of partial rest. Care must be given to ensure that the foot rest provides support for all the foot so the Plantar Fascia is not stretched thereby increasing the irritation to the bottom of the foot.
- Develop a rotation scheme so employees do not spend extended periods of time in standing postures. This is especially important for employees who may already be experiencing problems.
- Provide insoles and/or arch supports. This will help support the arch and reduce the amount of

stretching of the Plantar Fascia.

- Foot pedal should be designed to minimize the amount of force which is exerted by the foot. Excessive exertion especially, on the ball of the foot, can stretch and irritate the Plantar Fascia at the connection to the heel bone.